



RUTHERFORD COUNTY  
GOVERNMENT

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## Fall Prevention Checklist

Close drawers & cabinets  
after every use.

Avoid bending, twisting  
and leaning backward  
while seated.

Always use a stepladder  
for overhead reaching.

Report loose carpeting or  
damaged flooring.

Never carry anything that  
keeps you from seeing  
where you're going.

Use handrails on stairs.

# Risky business

RCG RISK MANAGEMENT

MAY 2016

## WAXING FLOORS...*JUST AHEAD*

Did you know? The number #1 reported injury of Rutherford County employees is a Slip, Trip, and/or Fall. That's something to keep in mind as we wrap up the school year and waxing floors is coming up on schedule. Even something as minor as a small coffee spill or a frayed carpet can cause a bad fall. Being aware of situations that could cause a fall is the best way to keep people on their feet. If you see an oily spot, don't just wipe it up; find out where the oil came from to try to prevent another spill. Is something broken or leaking? Preventing slips, trips, and falls can be as simple as good housekeeping, common sense and thinking ahead. Here are some steps to keep you on your Feet:

### Good Housekeeping

- Keep clutter out of work areas.
- Keep equipment in its proper place.
- Keep walkways and aisles clear.
- Wipe up spills immediately.
- Discard trash.

### Common Sense

- Make sure your pathway is clear.
- Avoid walking on wet floors.
- Avoid running in the workplace.
- Avoid lifting or carrying more than you can handle.
- Wear nonslip rubber-soled shoes.
- Report dangerous conditions.

### Thinking Ahead

- Are there electrical cords in hazardous places?
- Is carpeting torn or loose?
- Is there an uneven surface?
- Is there enough light?

### RCG- the Numbers

Our employees' injuries from slips, trips, or falls on walking surfaces from April 1, 2015 to March 31, 2016:

<u>Causes</u>	<u>Claim Count</u>
Fall on same level	16
Fall from different level	6
Slip on ice	7
Slip on wet floor	24
Fall on stairs	12
Fall from ladder	3
Falls causing fractures	4
Tripped over object	7
Slipped and lost footing	13
Fall from truck	2
Fall from chair	3

**Slips, trips, or falls  
contributed to 97  
On-the-Job injury claims last  
year with \$157,121 paid in  
claims to date.**

If you find yourself heading for a fall, remember to roll, not reach-you're less likely to get injured. Reaching out to break the fall may cause you to break an arm or a leg. If you fall, slip or trip, report it immediately, even if it's minor.

**Attn: Rutherford County Employees enrolled in a RC Medical Plan**  
**Do you have a student athlete? If so, please join Stewarts Creek for:**

# **Sports Physical**

**May 14, 2016**

**7:00AM-11:00AM**

**Stewarts Creek MedPoint**

202 Red Hawk Parkway, Smyrna, TN

Please obtain and complete the Pre-Participation Physical Evaluation Form prior to arriving to the clinic.

You may obtain the form from your coach or by visiting:

[Physical evaluation form](#)

**Athletes will be seen on a first come, first serve basis until 11:00AM.**

An appointment during regular clinic hours and a further examination will be required if you have a medical condition, previous injury, or potential concerns are uncovered during the history of the Participation Physical Evaluation.

# Motorcycle Safety Awareness

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All motorists are reminded to safely "share the road" with motorcycles and to be extra alert to help keep motorcyclists safe. Motorcyclists are reminded to make themselves visible to other motorists.



Statistics show that the percentage of intoxicated motorcycle riders in fatal crashes is greater than the percentage of intoxicated drivers on our roads. This is why NHTSA urges all motorcycle riders to always



## DO MOTORCYCLE HELMETS INTERFERE WITH THE VISION AND HEARING OF RIDERS?

Motorcycle crash statistics show that helmets are about 29% effective in preventing crash fatalities. That is, on average, riders wearing a helmet have a 29% better chance of surviving a crash than riders without a helmet.

The National Highway Traffic Safety Administration, *NHTSA* sponsored a study to assess the effect of wearing a helmet upon the ability of motorcycle riders

1. to visually detect the presence of vehicles in adjacent lanes before changing lanes, and
2. to detect traffic sounds when operating at normal highway speeds. National Public Services Research Institute conducted the study for NHTSA.

The vision test showed that most riders recover the lateral field of view that is lost by

wearing a helmet by turning their heads a little farther. Before changing lanes, 19 of the 23 riders compensated for the loss by turning their heads more when they were wearing a helmet than when they were not. Riders did not require significantly more time to turn their heads to check for traffic.

Only four riders did not compensate. Helmet use did not hamper the ability of riders to see traffic or increase the time needed to visually check for nearby traffic. Overall, any negative interference of helmets on rider vision appears to be minor, especially in comparison to the protection offered by helmets should a crash occur. The hearing test showed that there were no significant differences in the riders' ability to hear the auditory signals regardless of whether they were wearing a helmet or not. There was a difference, however, in the hearing threshold between travel speeds of 30 and

50 mph. At the greater speed, all riders needed a louder auditory signal because of increased wind noise. For any given speed, helmets neither diminished nor enhanced hearing. These results indicate that wearing helmets does not restrict the ability to hear auditory signals or the likelihood of seeing a vehicle in an adjacent lane prior changing lanes. The information in this study will benefit motorcycle safety advocates across the nation seeking information about the impact of helmet usage on motorcyclists' vision and hearing.

U.S. Department of Transportation  
**National Highway  
Traffic Safety  
Administration**  
400 Seventh Street, S.W. NTS-33  
Washington, DC 20590



Robert Lane Tippens, MD, MPH, is a graduate of Vanderbilt Medical School. He completed his internship at Medical University of South Carolina and his fellowship at Duke University Medical Center.

Dr. Tippens serves as Medical Director for Premise Health. His care involves occupational health, safety, acute and primary care. Prior to joining Premise Health, Dr. Tippens was in General Practice and an Emergency Physician.

Dr. Tippens is reasonably fluent in Spanish and enjoys participating in medical mission work in Latin America.

He is married, has two children and three grandchildren. Hobbies include ice skating, jogging, adult league ice hockey, reading and cooking.

Know your **ABCS** to prevent cardiovascular disease, including stroke. Appropriate **A**spirin therapy: Ask your doctor if taking aspirin is right for you. **B**lood pressure control: Keeping your blood pressure under control reduces your risk of heart attack and stroke. More than half of the world's stroke deaths are caused by elevated blood pressure levels. **C**holesterol management: Get your cholesterol checked regularly and manage it with diet and physical activity or with medication, if needed.

## SPOT A STROKE: FAST



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**Face Drooping** – Does one side of the face droop or is it numb? Ask the person to smile. Is the person's smile uneven?



**Arm Weakness** – Is one arm weak or numb? Ask the person to raise both arms. Does one arm drift downward?



**Speech Difficulty** – Is speech slurred? Is the person unable to speak or hard to understand? Ask the person to repeat a simple sentence, like "The sky is blue." Is the sentence repeated correctly?



**Time to call 9-1-1** – If someone shows any of these symptoms, even if the symptoms go away, call 9-1-1 and get the person to the hospital immediately. Check the time so you'll know when the first symptoms appeared.

# MAY 2016

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8 National Women's Health Week	9 St Thomas Mobile Unit Stewarts Creek	10 St. Thomas Mobile Unit Blackman	11	12	13	14 Sports Physicals Day at MedPoint
15	16	17	18	19 Exercise 101 Lane Agri Park 5pm	20	21
22	23	24	25	26 No school for students	27 2 hour day at BOE	28
29	30 Memorial Day	31				

## A look ahead...

- } 5/9—5/10/16 Mobile mammo unit
- } 5/14/16 Sports Physicals
- } 5/19/16 Exercise 101
- } 7/31/16 Biometrics and assessment due for apple watch
- } 8/5/16 1st day for students, abbreviated day
- } 9/30/16 Biometrics form and online health assessments due to Cigna
- } 10/14/16 Annual Wellness fair at Lane Agri Park Community Center

## Exercise 101

Sign up for our 1st session of Lifestyle Management group classes. On May 19th at 5pm, Daniel Puckett, B.S. in Exercise Science will lead discussion:

Target HR  
Fitness Recommendations  
Selecting the right gym for you  
Exercises you can do at home  
Considerations for trainer

Then, we'll get up and get moving as he shows the proper techniques. Call or email to sign up. 615-904-6769  
patricia.cox@premisehealth.com



Complete Your Biometric form and online health assessment by July 31, 2016 and win.

RC employees who are members of the medical plan may be rewarded for completing Wellness steps early.

Every employee that has completed both online health risk assessment at mycigna.com as well as sent biometrics data sent to Cigna by 7/31/16 will be entered into a drawing to win an Apple watch.

**WIN THIS:**

**APPLE WATCH**

